



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Memorial Day Class Schedule

LA JOLLA YMCA

These are the classes being held on Monday, May 29

Y will be open 7am-2pm

Group Exercise

| | | | |
|-----------------|------------------------|----------|------------------|
| 7am - 7:55am | Back to Basics | Patty | Marion So |
| 8am - 8:55am | Gentle Yoga | Michelle | Marion So Studio |
| 9am - 9:55am | Cardio/Strength | Dana | MPIII |
| 9am - 9:55am | Cardio Blast | Michelle | Marion So Studio |
| 10am - 10:50am | Cycling | Sam | Marion So Studio |
| 10am - 10:55am | Forever Fit/Chair Yoga | Valerie | MPIII |
| 11:15 - 11:45am | TRX | Bob | MPIII |
| 12pm - 12:55pm | BODYPUMP | Steve | MPIII |

Water Exercise

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|----------------|---------------|-------|----------|
| 8:30 - 9:20am | Aqua Fit | Julie | Rec Pool |
| 9:25 - 10:15am | Deep Aqua Fit | Julie | Rec Pool |